



**Thornhill, Dumfriesshire DG3 5D5**

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**Wallace Hall Academy, Primary and ELC**  
"Together we grow, learn and achieve"

**Head Teacher:** Barry Graham

25<sup>th</sup> August 2020

Dear Parent/Carer

Although we recognise that this cannot be guaranteed, Wallace Hall aims to be a nut-free school. As a school community, we need to take as many measures as possible to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. Therefore, the following items should not be brought into school:

- **Packs of nuts**
- **Peanut butter sandwiches**
- **Fruit and cereal bars that contain nuts**
- **Chocolate bars or sweets that contain nuts**
- **Cakes which contain nuts**

If such items are found in the school, they will be confiscated and disposed of in the appropriate manner.

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. It is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat.

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly, they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

#### **Other symptoms:**

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting, diarrhoea, nausea, fever



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Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some cases, it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsen, this indicates that the reaction is severe.

More detailed information and advice can be accessed by clicking on the following link:

[Wallace Hall 2-18 | Health and Wellbeing | Health and Nutrition](#)

**Further precautions:**

As well as not consuming the aforementioned products, all staff and pupils are reminded of the importance of washing hands before and after eating, especially when food has been consumed outwith the school grounds.

Could all parents and carers please ensure this information is shared and consistently reinforced?

This term, parents and carers are asked by the school to provide updates to medical and contact details; could I ask that if any of these details change, you inform the school office as soon as possible and the pupil's details will be updated accordingly? It is also your responsibility to ensure that, if required, all medication stored in the school office is clearly labelled and within the use-by date.

Furthermore, if required we can discuss dietary requirements on an individual basis if allergies or intolerances inhibit a pupil's nutritional choice within the school day.

Yours sincerely

Steven Rae  
PT HE and HWB (Acting)